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Assiniboine becomes one big bathtub

Thousands of rubber duckies escape **PAGE 3**

There's gold in that hill — also cyanide

Canadian mining pitch churns Romania **PAGE 10**

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A banjo pickin' miracle

Bomber Aaron Kelly hauls in a pass under Roughrider Macho Harris to help Winnipeg score a Banjo Bowl win on Sunday. Read about all the action inside, plus the big news from after the game. **PAGE 22**

JOHN WOODS/THE CANADIAN PRESS

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SEE YOU AT THE TERRY FOX RUN



WHAT'S GOOD
Ace Burpee

I've been known to talk and write about Terry Fox quite a bit. It's because I think he's awesome. Always have and always will.

He was born here. He's a legend. He was voted TSN's "athlete of the decade" for the '80s. He's not only in the Canadian Sports Hall of Fame, but there is also a Terry Fox Hall of Fame, recognizing Canadians who have made extraordinary contributions to assist or enhance the lives of people with physical disabilities.

He's been on a stamp. There is a mountain named after him in B.C. Part of the Trans Canada Highway is named in his honour. More than a dozen schools in this country bear his name. He is the youngest Canadian to become a Companion of the Order of Canada.

He said stuff like this: "I'm not a dreamer, and I'm not saying this will initiate any kind of definitive answer or cure to cancer, but I believe in miracles. I have to."

So yes, Terry Fox is all kinds of awesome.

Again, he was born right here in Winnipeg, so this question is valid: how is it that only 200 or so people showed up for the Terry Fox Run last year? I'm pretty sure we agree he is worthy, and thousands of us have been touched by his story, so I bet we can do better.

The 2013 Terry Fox Run is this Sunday at 9 a.m. in Assiniboine Park. You are all invited to come and honour arguably the greatest Winnipegger in history.

ACE BURPEE IS A LOCAL WRITER, RADIO-SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Police board exploring body cameras for officers

The city councillor in charge of the newly-formed Winnipeg Police Board would like to see a new tool added to an officer's arsenal: body cameras.

Coun. Scott Fielding (St. James-Brooklands) said the small devices would go on an officer's ear or uniform.

"It provides safety for our citizens and this provides a measure of protection for police against false accusations. It



Scott Fielding METRO

works both ways," said Fielding, who is also the chair of the city's protection and community-services

committee.

He said the police's proposed operating budget, which

was approved by council, includes \$1 million for the video devices in 2016. That would cover cameras for 800 officers and the cost of the software to run them.

"It adds another tool for police," said Fielding, adding that police in Ottawa, Thunder Bay, Calgary, Edmonton and Victoria use cameras. "The success of this technology in other cities means it's worth looking

into for Winnipeg."

Fielding said those police services also have protocols in place for when officers can and cannot shut off the cameras.

He said the police board discussed the body cameras during its inaugural meeting on Friday at city hall and asked the WPS to review the idea and report back during its mid-November meeting.

BERNICE PONTANILLA/METRO

River-chucked rubber ducks buck barrier and run amok

Just ducky.

Thousands of yellow quackers float down Assiniboine after race



SHANE GIBSON

shane.gibson@metronews.ca

Organizers of the Great Manitoba Duck Race are asking for help from the public to get their ducks in a row.

More than 13,000 little yellow rubber duckies were released into the Assiniboine River on Saturday as part of a benefit for the Assiniboine Park Conservancy (APC). Unfortunately, a whole lot of those ducks didn't want to get out of the water once the race was over.

"We had professional-grade oil booms that spanned the width of the river and we had kayakers in there as well, but the current was so strong it pushed some of the ducks over the barrier," said Laura Curtis of the APC, estimating that about 6,500 ducks got loose and continued their leisurely swim down the river.



Organizers of the Great Manitoba Duck Race are asking Winnipeggers to report any sightings of stray rubber duckies on the Assiniboine River after thousands got loose on Saturday. COURTESY ASSINIBOINE PARK CONSERVANCY

"It was a windy day ... and we didn't have any way of predicting this would happen."

The City of Winnipeg helped the APC collect about 6,000 of the ducks on Saturday. Anyone who notices areas where the remaining ducks have gathered should call 204-793-4316 to have them collected.

Other than the trouble

caused by the rebel ducks, Curtis called the race a success, with more than \$60,000 raised.

Winnipeggers are being asked not to place their own safety at risk by venturing into the water to collect the ducks themselves, but any that are found can be returned to the APC offices in the Pavilion at Assiniboine

A daffy business

The Assiniboine Park Conservancy says it rented the ducks from a U.S. firm that specializes in supplying rubber duckies for races.

Park between 8:30 a.m. and 4:30 p.m. Monday to Friday.

1 NEWS



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Mike Holmes. Contractor's company set to build townhomes at Fort Rouge

'Canada's most trusted contractor' is set to build a set of townhomes in Winnipeg.

The Holmes Group announced Friday they plan to build townhomes called The Yards at Fort Rouge.

"It's about building smart and living well," said Mike Holmes, whose company, The Holmes Group, made the announcement in a press release. "Healthy homes in a healthy community. We're working with the land and building homes that make sense — for homeowners and the environment."

The Yards will have energy efficient townhomes "within a walkable community that has access to existing neighbourhood amenities, including rapid transit, bike paths and green spaces."

The houses will have geothermal heating and cooling systems, energy efficient windows, high levels of insulation, and other green features.

Pre-sale registration for Phase 1 begins Sept. 7, and a Phase 1 sales event with Mike Holmes will be held on Sept. 21 at 661 Argue St.

ELISHA DACEY/METRO



An artist's rendering of the future The Yards at Fort Rouge development, being built by Mike Holmes' company. CONTRIBUTED

Crime. Arrest made after man hit with brick in booze-fuelled party fight

Cops quickly made an arrest after a man was assaulted with a brick at a party in the North End Saturday night.

A police spokesperson said Sunday the 25-year-old victim was at a party with family and friends in the 500 block of Aberdeen Avenue when a booze-fueled fight broke out between him and another man shortly before 9 p.m.

The victim was rushed to

hospital in unstable condition after police allege the other man hit him in the head with a brick during the fight.

The victim has since been upgraded to stable condition.

A 30-year-old man has been charged with assault with a weapon, possession of a weapon for a dangerous purpose and several breach offenses. METRO

Heads above the rest: Tower to be 55 storeys

Stand tall.

Downtown building will be the tallest in the city and is set to open in 2017



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

A pair of Toronto-based developers has chosen a parking lot at the corner of Garry Street and Graham Avenue to install the tallest building in Winnipeg — one that would boast housing units and commercial space, including a grocery store.

Jawad Rathore, president and CEO of Fortress Real Developments, said plans for the as-yet unnamed building are to make it 55-storeys tall.

"We looked at all of the major markets in Canada ... What we saw in Manitoba was a diversified economy, not overly reliant on any one particular sector," said Rathore during a press conference with MADY Development Corp. officials. "When we looked at very steady and strong employment and economic data, as well as a low vacancy rate, those are pretty much the two big bellwethers that you look for as a real estate developer for a key market."

Rathore said the total number of units in the building could number more than 400, with the smaller suites selling in the \$200,000 range.

Plans

400+

There could be more than 400 units in the tower, with small units going for about \$200,000.

As for the grocery store, Rathore said he's in discussions right now with a "national chain" and an announcement may happen in the upcoming months.

Ross McGowan, president and CEO of CentreVenture, said he believes there is a demand for downtown condos, calling the over-supply in the East Exchange a "unique" case.

"The area in the East Exchange really has nothing, it's more like a brownfield development and that's really why we're targeting a more comprehensive approach there," he said.

Rathore expects pre-sale for the units to take place next spring, with shovels in the ground in spring of 2015, with an official opening in 2017.

Online

Fortress Real Developments is asking Winnipeggers to submit their name ideas for the proposed new building in downtown Winnipeg at liveworkplay-winnipeg.com, with the winner taking home \$3,000.



Fortress Real Developments and MADY Development Corp. released this picture of what their proposed 55-storey building at the corner of Garry Street and Graham Avenue will look like. CONTRIBUTED



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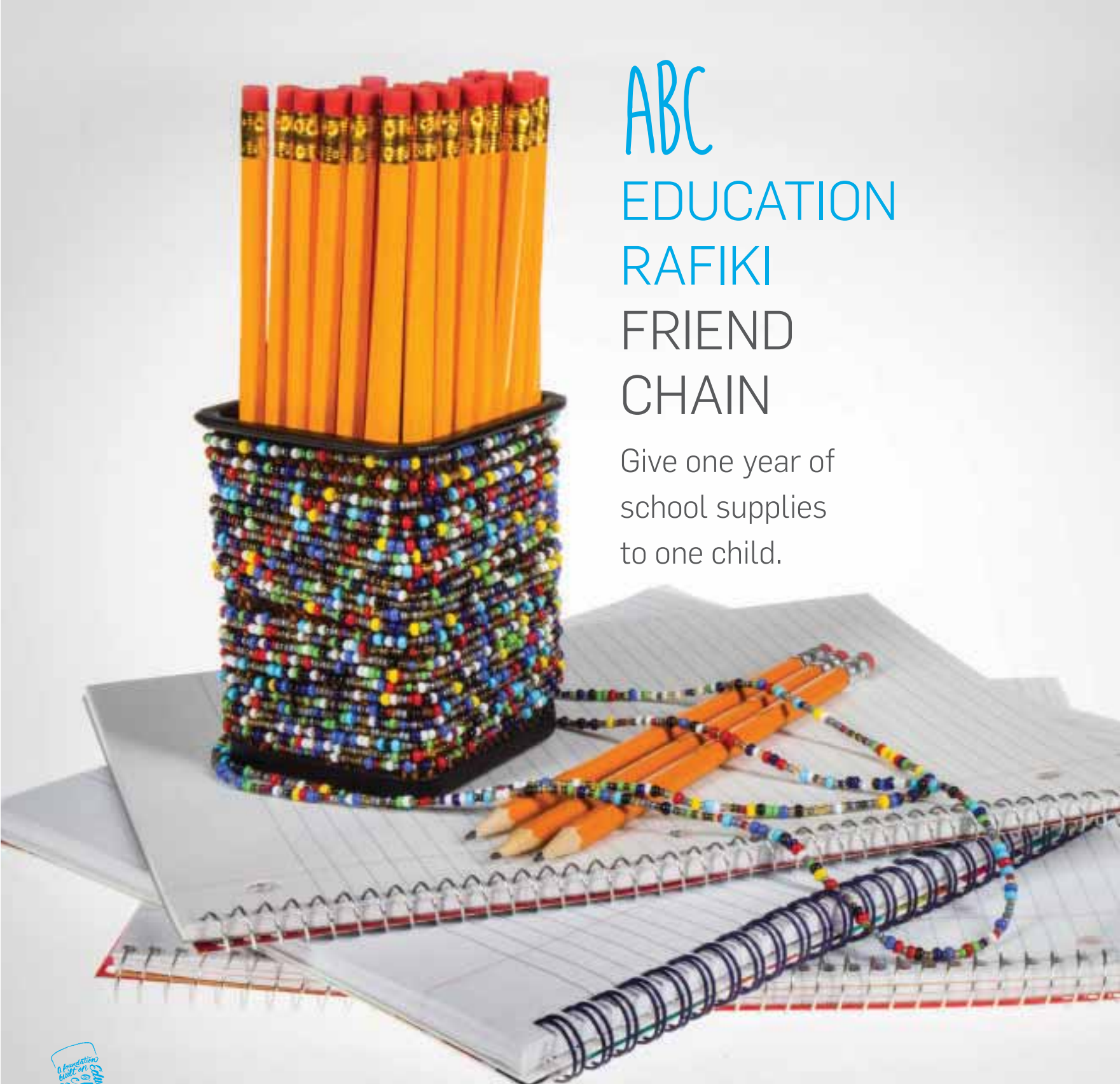
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University set to punish two students over pro-rape chant

Saint Mary's. School says investigation may send yet more students to disciplinary hearing



ANDREW RANKIN
Metro in Halifax

Halifax's Saint Mary's University is coming down on two of its students for their alleged role in the pro-rape chant that sent shock waves across the country last week — and they might not be the only ones.

University spokesman Steve Proctor said on Sunday that the pair will be facing a disciplinary hearing in the next 10 days after a student came forward with a complaint on Friday.

He also said the investigation could lead to other students being punished.

Severity

Depending on what comes out of the disciplinary hearing, Saint Mary's University spokesman Steve Proctor said the students could be facing anything from fines to suspension or expulsion.

"If the investigation warrants or something comes out of the hearing that warrants further action, the possibility of further action enhances."

The incident, which was captured on video and led to the resignation of the university's student-union president, Jared Perry, shows a large group of students participating in a chant promoting non-consensual sex with minors.

"Y is for your sister ... U is for underage, N is for no consent," the mob sings.



Jared Perry, who has stepped down as president of the Saint Mary's University Student Association, takes questions from the media on Thursday. JEFF HARPER/METRO IN HALIFAX

University of B.C.

Similar act reported at 2nd school

Officials at the University of British Columbia say they will investigate reports that a chant endorsing non-consensual sex was recited during frosh week.

A statement on the university's website says it's alleged the chant was made on one or more buses taking students between events during frosh orientation activities run by the UBC Commerce Undergraduate Society.

THE CANADIAN PRESS

Buckingham on alert

U.K.'s royal police spook the duke

Two days after an intruder was discovered prowling Buckingham Palace, the royal-protection unit confronted Prince Andrew, the Duke of York, in the garden and demanded he identify himself. THE ASSOCIATED PRESS

Pledge to fight on

MPs united over expense scandal

Conservative MPs pledged publicly Sunday not to let prorogation put an end to all-party efforts to stop expense-account abuses.

MPs from the Conservatives, NDP and Liberals were called back briefly on

Sunday for what was set to be a closed-door meeting. But a motion by the NDP to open up the session was unanimously approved, as was the pledge for MPs to continue their work ending the spending shenanigans.

The reason for the sudden display of unity: MPs from all parties got an earful from constituents over the summer. THE CANADIAN PRESS

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Determined Philippine newcomer asks the right questions to find her way

"Don't be afraid to ask questions, because people here want to help immigrants," says newcomer Carrie Palaganas. Determined to succeed, she took that approach during her first weeks in Canada, arriving with her husband and teenage son in the midst of the Edmonton winter.

"It was really difficult since we came from 28 degrees to -28 degrees, and we did not have enough warm clothes," recalls Carrie, a former banker and registered nurse who left the Philippines to access better opportunities for her son.

"Fortunately I had some living angels here," gushes Carrie, speaking of her immigration agent, her family and a high school friend who moved to Alberta a decade earlier. "With their help, we found winter clothes, got our paperwork organized and found an apartment in the city and on the school bus routes."

Carrie was also impressed by the team at the Edmonton Commercial Banking Centre and Main Branch, including Customer Service Officer Janelle Brideau, who alleviated her concerns about protecting the savings the family brought to Canada.

"Banking is very complicated here, with so many different accounts, but they helped us choose the right package with the best benefits," says Carrie, referring to the **Scotiabank StartRight**[®] Program.¹ Through the **StartRight** Program, Carrie received a free day-to-day bank account for one year², a wide range of credit card options³ and a number of other customized services and benefits. "I realized that a credit card is important because you need to build credit history if you want to buy a car or house someday."

While Carrie praises the kindness of others, she made a point of seeking advisors to answer her questions, even among fellow commuters who helped her navigate the transit system. "In the Philippines, everything was just around the corner," she laughs.

Carrie also showed perseverance to succeed. When she realized it would take time to recertify as a nurse, she applied her personality and bank work experience to earn a position at Scotiabank[®] as a customer representative. "Now I can make other newcomers comfortable," says Carrie. "The other day a customer remarked, 'Thank goodness there is a Filipino here,' since she preferred to conduct her banking in our native dialect."

From her own experience, Carrie urges newcomers to, "Find a good bank that has nice people who want to know you and help you start a new life. Don't be

afraid to ask questions to understand all the facts."

"In general, I would tell other immigrants to be strong and hang on, because this is a better place and people here will help you," concludes Carrie. "Today, I can see the sun is shining."

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Carrie Palaganas is now enjoying sunny days in Canada, after getting answers to her newcomer questions from helpful advisors at Scotiabank.



Renee Omlas
Scotia advisor

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1. The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.

'Common sense test' points directly at Assad: White House

Syria. White House chief of staff makes case for U.S. strikes in Syria; lawmakers to vote on military action this week

U.S. President Barack Obama's top aide on Sunday pressed the case for "targeted, limited consequential action" to degrade the capabilities of Syrian President Bashar Assad to carry out chemical-weapons attacks as the White House mounted a major push to win support from a divided Congress and skeptical American public.

White House Chief of Staff Denis McDonough asserted that a "common sense test" dictates that the Syrian government is responsible for a chemical-weapons attack that Obama says demands a response.

But he said the Obama administration lacks "irrefutable, beyond-a-reasonable-doubt evidence" that lawmakers who will start voting on military action this week are seeking.

"This is not a court of law. And intelligence does not work that way," McDonough said, part of a five-network public-relations blitz on Sunday.

"The common-sense test says he is responsible for this. He should be held to account," McDonough said of the Syrian leader, who for two years has resisted calls to step down.

The U.S., citing intelligence reports, says sarin gas was used in the Aug. 21 attack outside Damascus and that 1,429 people died, including 426 children.

Obama has scheduled six network interviews on Monday and then a nationally televised speech from the White House on Tuesday, the eve of the first votes in Congress.

THE ASSOCIATED PRESS



In this citizen-journalism image, which has been authenticated based on its contents and other Associated Press reporting, a Free Syrian Army fighter stands on a damaged military tank in Zabadani, near Damascus, Syria, on Sunday.

THE SYRIAN REVOLUTION AGAINST BASHAR ASSAD/THE ASSOCIATED PRESS

Search authority

Surveillance-court ruling allowed NSA search of domestic email, report says

The Obama administration quietly won permission from a surveillance court in 2011 for the National Security Agency to search deliberately for Americans' communications in its huge databases of intercepted phone calls and emails, according to a published report.

The Washington Post reported Saturday that officials in 2011 got the court to lift the ban on those kinds of searches, which the court imposed in 2008 at the government's request.

The search authority has been used, the Post reported, noting that the permission to search and keep data longer expanded the NSA's authority in significant ways without public debate or any specific authority from Congress.

THE ASSOCIATED PRESS

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News worth sharing.

Beef industry bounces back after XL recall

One year ago. 2,200 workers sent home after Canadian officials shut down Alberta beef-processing plant

It was largely symbolic, but one year after the largest meat recall in Canadian history, the city of Brooks in southeastern Alberta held a celebration to mark the turning of a page.

A huge beef barbecue on Saturday was the first major community gathering since Brooks was plunged into months of economic uncertainty when U.S. food inspectors found E. coli bacteria in a

XL Foods takeover

Brazil-based meat-packing giant JBS USA took over management of the Brooks plant from Nilsson Bros. in October and purchased XL Foods in January.

- The plant now employs 2,400 workers and processes 3,800 cattle each day. Products are shipped to customers in Canada, the U.S., Egypt, Asia and Mexico.

shipment of beef from the XL Foods plant and quickly closed its border last September to

beef from the plant.

Dennis Laycraft from the Canadian Cattlemen's Association estimates it cost the industry up to \$27 million directly because producers had to move cattle further, couldn't get them processed and pushed prices down.

Laycraft said the lasting legacy for producers is a change in the beef-packing ownership structure.

"The lingering impact is the fact we lost another bidder out of the system. JBS has been a customer of Canadian cattle for a number of years and now it's JBS and Cargill bidding where in the past it was JBS, Cargill, Nilsson Bros. and a few others." **THE CANADIAN PRESS**



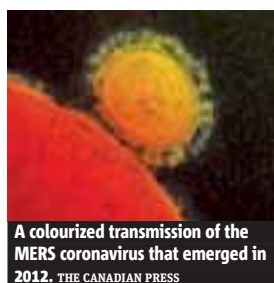
Aircraft crashes on top of building in B.C.

An RCMP officer stands near a glider that crashed on the roof of an apartment building and convenience store in Langley, B.C., on Sunday morning. An air cadet was on a training exercise at the time of the accident. The male glider pilot was not injured **DARRYL DYCK/THE CANADIAN PRESS**

Drug combo seen to reduce MERS virus

New research is adding weight to the idea that a combination of existing drugs may help some patients infected with the new MERS coronavirus.

The findings could prove to be important because there is no vaccine to prevent the infection and no drugs specifically designed to mitigate the damage it does in severe cases.



A colorized transmission of the MERS coronavirus that emerged in 2012. **THE CANADIAN PRESS**

Infections with the new virus continue to pile up, particularly in Saudi Arabia.

On Saturday the World Health Organization put the global count of MERS infections at 114 with 54 deaths. But since then Saudi authorities have announced eight additional cases, three of them fatal. That will push the global total to 122 cases and 57 deaths. **THE CANADIAN PRESS**

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Bitcoin ATMs are coming to Canada

Digital currency. Kiosks will make buying and selling Bitcoins easier

The first time Ryan Johnson bought Bitcoins — an emerging digital currency that isn't controlled by any authority such as a central bank — was with a pocketful of cash from a stranger he had met online.

"It was almost like a sketchy drug deal," recalls the 31-year-old Vancouver resident.

Since that first transaction in January, Johnson has been exchanging his Canadian cash for digital currency at Bitcoin-iacs, a physical store in Vancouver that acts like a Bitcoin broker.

"It's just much more comfortable to go sit down in an office at a brick-and-mortar building with a professional that knows a lot about Bitcoins, do a professional transaction and get a receipt for it," says John-

Quoted

"Our goal is to make Bitcoin truly grandma-friendly."

Jordan Kelley, CEO of RoboCoin, which makes the Bitcoin kiosks

son. "It's reassuring."

Soon, Johnson and other Canadian Bitcoin enthusiasts will be able to exchange Canadian cash for the digital currency through a kiosk that's similar to an ATM.

Bitcoin-iacs says it has ordered five Bitcoin kiosks from a Las Vegas-based company called RoboCoin and intends to roll them out across Canada in the coming months, with the first machine expected to land in Vancouver in early October.

Four more kiosks will arrive in December, and although their locations are not yet certain,

Bitcoin-iacs says it's eyeing major Canadian cities such as Toronto, Montreal, Calgary and Ottawa.

"Basically, it just makes it easier for people to buy and sell Bitcoins and hopefully will drive the adoption of Bitcoin and make it more accessible for people," says Mitchell Demeter, the 27-year-old owner of Bitcoin-iacs.

Bitcoins are mathematically generated through a series of commands executed by computers in a peer-to-peer network. The process is called Bitcoin "mining" and is set up so the total number of Bitcoins that can ever be generated is limited to about 21 million.

THE CANADIAN PRESS



Bitcoin kiosks made by RoboCoin will arrive in major Canadian cities starting this fall. COURTESY ROBOCOIN



Sky-high strike comes to an end

The world's largest radio telescope will resume operations Monday after workers ended a 17-day strike. The observatory, pictured above, is known as the Atacama Large Millimeter/Submillimeter Array and is located on a remote plateau above Chile's Atacama desert. It searches for clues about the dawn of the cosmos — from the coldest gases and dust where galaxies are formed to the energy produced by the Big Bang — and is jointly funded by the U.S., Canada, Japan and Europe. Chilean observatory staff reached an agreement with Associated Universities Inc. that includes reduced hours and a bonus for high-altitude work. THE ASSOCIATED PRESS FILE

Canadian gold mine kicks up controversy in Romania

Thousands of Romanians demonstrated on Sunday both for and against a planned Canadian gold mine that would use cyanide in the extraction process. The project would create the biggest gold mine in Europe, razing four mountains to make way for an open pit mine.

Supporters say the mine would bring vital jobs and investment to a deprived area in northwest Romania. But opponents say it will present an environmental risk.

In the Romanian capital,

thousands of people protesting against the mine shouted "Save Rosia Montana," referring to the town where it would be located and where gold has been mined for more than 2,000 years.

The anti-mine protesters in Bucharest's University Square urged lawmakers not to pass legislation that would approve the mine as a "special national interest" creating foreign investment and jobs in the deprived area. They later blocked a main road in the city.

THE ASSOCIATED PRESS



Protesters in Bucharest, Romania, demonstrate on Sunday against a proposed Canadian gold mine.

THE ASSOCIATED PRESS

BELONG



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Hush money?

Chinese police arrest 16 people for blackmail

Chinese police have arrested 16 people accused of blackmailing companies by pretending to be Communist Party or government officials and threatening to post damaging information about them online, a state news agency reported.

The four groups were accused of operating 11 websites that falsely said they were run by the ruling Communist Party or government, according to the Xinhua News Agency. It said they were involved in more than 120 cases and collected a total of more than three million yuan (about \$500,000).

THE ASSOCIATED PRESS

Retail. Stores struggle to figure out boomers

Baby boomers are becoming an increasingly important market for retailers and one that can become highly profitable if stores and manufacturers can figure out the right way to target their products to an increasingly discerning group.

"Retailers need to get much better at understanding the specific needs of this very valuable segment of consumers and they have to work out the different ways they can help satisfy these needs," said Graeme McVie, vice-president of business development at U.S.-based marketing strategy and research firm LoyaltyOne.

"Tailoring the shopping and the products that are in the store to cater to this group is actually a really good idea because there's a huge number

of them and they're actually willing to make trade-offs when it comes to value to get health benefits."

Many baby boomers who have become empty nesters or retired have the disposable income to spend and they're willing to spend it on themselves, especially when it comes to buying healthier food and high-quality beauty products, McVie said.

That may mean spending more for the heart-friendly omega-3 eggs instead of the plainest and cheapest kind, or getting a high-quality soap that will be kind to their skin.

"They think about it as making an investment in their own health rather than an expense to minimize at all costs," he said. THE CANADIAN PRESS

WHO'D SQUASH THE BUG GUY?

Like many small or mid-sized cities, Winnipeg has an affliction where it's always looking to stand out in some way.

You see it with every announcement of the construction of a "world-class" something or other. And any time something bad or strange happens in this town, it's met with the cry "only in Winnipeg."

A guy gets his bike stolen, and people talk about bike theft like it's a Winnipeg thing. The reality is that bikes get stolen everywhere. If you have a bike, it's probably being stolen right now, no matter where you live.

We cling to the title of "Murder Capital of Canada" with some bizarre self-hating pride, but lots of other cities struggle with homicide rates. In Chicago there were more than 500 murders last year, yet we're not organizing a civic rescue party to save Jonathan Toews from certain doom.

Even the concept of the "social" isn't uniquely Winnipeg or



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

Manitoba. Sure, the name might be, but stag-and-doe parties or jack-and-jill fundraisers for couples happen all over the place (further research needs to be done on the widespread popularity of the "meat shoulder" though).

But there is one way in which Winnipeg clearly seems to exceed all other cities, and that's in our interest in bugs. Or, more specifically, our interest in whoever happens to hold the role of "city entomologist," the chief bug killer.

Do a Google search for the term "city entomologist" and nearly every entry in the first four pages relates to Winnipeg. It's not that other cities don't hire entomologists, but they certainly have a much lower profile than here.

For the past nine years, that role has been held by Taz Stuart. Stuart was so well known that he could be identified by just his first name, or even by his hair.

And now that he's no longer employed by the City of Win-

nipeg, reporters, citizen and politicians all want to know what led to Taz's extermination.

It's rather amazing when you think about it, that the departure of a mid-level bureaucrat could spawn front page stories, letters to the editor and segments on talk radio.

The city could run through a dozen deputy parks superintendents or urban planners and no one would notice. But squash the bug guy and it's all the buzz around town.

The same thing occurred when the previous entomologist, Randy Gadawski, left the post back in 2004. Around that time Gadawski moved into the same apartment building as me for a while. Not only did I take note of this, I actually told other people about it, like it was some sort of celebrity sighting. In retrospect, that sounds ridiculous, but I'd probably have a similar reaction if Taz Stuart moved in next door tomorrow.

So whoever ultimately fills Stuart's sandals, I hope they have as much a taste for the limelight as they do for the bug light. Because in this city, above all others, the job of city entomologist is a starring role.

ZOOM

Squeak my ride: Skater mice



TIM MARSDEN/REX FEATURES

Stunt mice learn new tricks

Daring, athletic and super cool — this mouse is from an elite sports training camp in Australia, run by coach Shane Willmott. The instructor had previously taught his furry students to surf, but for winter has switched them to a rodent-only skate park where they practise on ramps and even a wheel of fire. **METRO**

Talking to a trainer



"Mice are built to surf and skate because their centre of gravity is so low. When they do fall off, they want to get straight back on board."

Shane Willmott, 42, rodent coach

Other tails of talent

- **Jumpy.** A collie in a YouTube smash can skate, surf, dive and perform handstands.
- **Moscow cat theatre.** The only one in the world, with its performers known for tightrope skills.

Worth Mentioning

Kijiji pressed to end sales of household pets

Canada's largest classified website is under pressure to ban the sale of household pets as part of a Montreal woman's quest to put an end to puppy mills.

Barbara Lapointe, a mother who operates a dog-walking business, wants Kijiji instead to promote adoption from registered animal rescue groups and individual families.

Lapointe's online petition, posted on the website Change.org, had collected nearly 48,000 signatures by midday on Sunday.

Lapointe is also trying to



A Yorkie rescued from a puppy mill is shown in Dania Beach, Fla. **THE ASSOCIATED PRESS**

get her local municipality, the Town of Mount Royal, Que., to ban the sale of animals in pet stores. She said cracking down on pet stores would eliminate a major marketplace for puppy mills, but even then illegal breeders would "still be able to resort to online sales."

Kijiji Canada has no plans to change its policy.

THE CANADIAN PRESS

Twitter

@metropicks asked: Kijiji is being pressured to end sales of household pets. Should online pet sales be banned?

@readstooswift: Yes, because there's no way to track the credibility of those selling pets online.

@MyBoyMaple: No way! See my profile pic? My dog is named Dominoe. Got him off Kijiji. Love this lil guy. Kijiji should keep on.

@Barbara_: my dog was bought on Kijiji, couldn't ask for a better pet!

@variableYY: Must the Man control

every part of our lives? Leave online trading alone!

@KikuAnne: No, because then people who need to find a new home for pets can't find their audience. Ban the mills, not the method of sale.

@LorissaDowdell: no way. Rescue animals are posted on there. They need loving homes too

@georgeleonBC: The control should be with purchaser. See any issues, walk away and report to SPCA

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Arsenio Hall ready to have a ball

Return to late night.

Host who ruled the early '90s is back and ready to pursue his dream in a modern, crowded field of shows

Did fate decree that Arsenio Hall would return to late night after two decades' absence?

If so, he's answering that comeback call today with the premiere of *The Arsenio Hall Show* (syndicated; check local listings for time and channel).

And he's itching to get going.

"You know how certain things make you nervous?" he asked recently. "I don't like to fly, but once I'm on the plane and we're over the Rockies and I'm watching a movie, I'm fine."

"Right now I feel like I do when I'm in the airport."

It was in 1987 that a then-unknown Hall, briefly stepping in for Joan Rivers' short-lived Fox talk show, took flight as the cool, hip alternative to NBC's *Tonight Show* titan Johnny Carson.

Then, in January 1989, he debuted with his own syndicated late-night show against Carson.

He proved a formidable rival with his party atmosphere (the *Dog Pound* audience greeted him with "woofs" and other animal sounds as well as applause) and a wide range of guests, including presidential candidate Bill Clinton (sporting shades and wailing Heartbreak Hotel on his sax)



It's hard to believe Arsenio Hall is 58. PHOTOS: THE ASSOCIATED PRESS

and basketball great Magic Johnson shortly after announcing he was HIV positive.

But by 1994, Hall was facing new competition from *Tonight* host Jay Leno and David Letterman on CBS.

With ratings slipping, he announced he was leaving the late-night arena, and, gracefully, he did.

In the years that followed, he kept a low profile. A sitcom came and went.

He hosted *Star Search* for



Hall, with Bill Clinton playing the saxophone, back in the '90s.

a season. He co-starred on the CBS drama *Martial Law* for a couple of years. He did standup.

He also devoted himself to his son, Arsenio Jr., now 13, whose mother is Hall's ex, former manager and down-the-street neighbour Cheryl Bonacci.

"I love being a dad," he said. "When kids got together at Chuck E. Cheese, there were a lot of mothers — and me."

But Hall yearned to return to late night. In June 2012 he announced it was happening.

"People say, 'How did you know when to do it?' Several times before I had tried!"

False starts included a meeting with studio bigwigs he skipped because his son was sick. Or the nail in a piece of sushi that broke his tooth the night before an all-important guest-hosting gig.

"Signs like that," Hall said, "seemed to mean I wasn't ready yet."

Now he's sure he's ready,

What's in a name?

As part of his strategy to reintroduce himself, Hall became a contestant on *The Celebrity Apprentice* early in 2012 — and ended up not only gaining the exposure he sought, but also winning the competition. Even so, do enough viewers know who he is — or remember him — to get his new show off the ground?

"When people ask that, I'm like, 'Well, NO ONE knew me the FIRST time!' I used to joke that people thought Arsenio Hall was a dorm at UCLA. So don't I have a better shot THIS time?" he asked.

whatever skeptics may say.

"I hear all the long-shot talk: 'This is an impossible thing to do after all this time. The field is so crowded.' But I still have to pursue my dream!" THE ASSOCIATED PRESS

What women want: According to Bethenny

Bethenny Frankel is used to putting her life on display. She's practically spent the last five years in front of the camera thanks to back-to-back-to-back reality shows *Bethenny Ever After*, *Bethenny Getting Married* and *Real Housewives of New York City*, not to mention *The Apprentice*; Martha Stewart several years before that.

Her next TV venture is simply titled *Bethenny*, and although the daytime talk show puts the outspoken entrepreneur back in the spotlight, Frankel says she's intent on making sure the series is not about her.

"This talk show is an evolution of a relationship between me and women that has started from the *Apprentice* to going through the struggles I had as a single woman on the *Housewives* and then doing my own show," Frankel said during a promotional stop in Toronto in June.

"It's not that I do it for the sake of doing it and this show isn't really about me. It's about women and if there's something that I'm going through that women are going through then we will all talk about it together."

And there's been plenty

of talk over the way Frankel has lived her life in recent months.

The tabloid magnet has kept the headlines coming with supposed behind-the-scenes drama on her new show, her divorce and custody battle with estranged husband Jason Hoppy and non-stop speculation over the nature of her relationship with billionaire Warren Lichtenstein.

Rather than turn people off, the constant media scrutiny has cemented her fan base, suggests Frankel, arguing that people feel like they know who she is, and consider her a pal.

"I'm fortunate that I've had a reality show where people have seen my life and have been in my home, so hopefully they trust me and they know that this is who I am on camera, off camera, this is just who I am."

Frankel previewed her chat show last year with a test run on Fox in the United States and E! in Canada. Backed by Ellen DeGeneres, the series offered a light-hearted mix of celebrity interviews, fashion advice and frank girl talk.

Bethenny debuts today on CTV.

THE CANADIAN PRESS



Bethenny Frankel will now host her own talk show.

THE CANADIAN PRESS

When the 'stash rules all

Nick Offerman.

Multi-talented everyman talks his new book and famous facial hair

LISA WEIDENFELD
Metro World News in New York

Nick Offerman may be best known for playing the stone-faced, government-hating Ron Swanson on NBC's *Parks and Recreation*, but he's also an accomplished comedian and stage actor (not to mention woodworker). He's currently on tour with his wife Megan Mullally, and her band, but took some time off to talk to Metro about his show, his new book and his most famous co-star — his 'stache.

What can people expect when they come to see you?

Some cautionary tales. Some mediocre songs. Some wood-working tips. And some minor nudity.

Minor nudity! Sounds like an exciting show.

Well, you gotta get asses in the seats.

Do you perform with Megan's band at all?

They open with a handful of songs and then I do my bit and then, just when I'm losing the audience and people are beginning to nod off or finger their parking stubs longingly, the band comes out and we wrap the evening up with a couple songs together.

In almost every interview a question comes up about your moustache. Why is the American public so fascinated by it?

It's inexplicable. I am lucky enough to be literally riding the coattails of my moustache and I have the good sense to keep my mouth shut and stand behind it, try to look polite.

Let the moustache do the talking?

Yeah. Soon after *Parks and Rec* came on the air, my moustache was signed by CAA and there's a whole set of rules. I'm not allowed to make eye contact



Nick Offerman says he's riding on the coattails of his moustache's fame.

GETTY IMAGES

with it and it doesn't return my calls. I have to get hold of its representation if I want to talk about trimming or any sort of grooming.

Do you think it's been ruined by fame or is it the same moustache it always was?

That's a very good question, but I can't really speak to it right now, if you get my drift. There's someone in the car with me that might want to follow up.

As *Parks and Rec* heads into its sixth season, how do you keep Ron Swanson fresh?

Well, to be honest, I'm such a lucky bastard that I don't have to try very hard because I have a team of brilliant writers who keep Ron fresh. They go above and beyond ... and provide us with new stories and new avenues to pursue so that the audience doesn't get sick of the same old personality traits. I just mold my face into a constipated rictus and do my best to deliver the dialogue.

Review

Who: Rizzle Kicks

Where: iTunes Festival

When: Friday, Sept. 6

●●●●●

With cusses borrowed from Cockney rhyming like "We don't give a Daffy Duck," you can be sure you are not listening to the most bad-assed hip-hop out there when taking in Rizzle Kicks' iTunes Festival performance. Nor does the Brighton U.K. duo have the illest lyrics: "Hashtag trends/we make people clap clap clap."

They started off weak, encouraging the audience to, "Jive jive jive," but it was almost like they couldn't quite believe their own commands and the whole thing fell flat.

Things picked up once they got to the ska-influenced *Wind Up*, with its repeated build ups and break downs creating a level of excitement in the crowd that was palpable, even from this reviewer's

seat (which would be at my desk. In Toronto. On my computer.) Skip to the Good Bit was truly horrible, a sloppy rip-off, err, homage to EMF's *Unbelievable*. Who rips off EMF?

The best part was the finale when they busted out the big brass for *Down with the Trumpets*.

Overall they showed themselves to be a couple of affable lads and fairly decent entertainers, even if the whole thing did feel a bit like a commercial for Hip-Hop Lite.

EMINA GAMULIN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON — AND STREAMING ONLINE IN HD — THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONWS.CA



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Liam Hemsworth. ALL PHOTOS GETTY IMAGES

They won't be twerking down the aisle

All the attention Miley Cyrus has gotten for her steamy MTV Video Music Awards performance with Robin Thicke has apparently distracted onlookers from the fact that her engagement to Liam Hemsworth is pretty much over, according to *Us Weekly*.

The Australian actor is,

"just weeks away from calling it off permanently," a source says. "He is over her and wants to make a clean break. No more back and forth."

Certainly the VMAs performance didn't help matters, as Hemsworth reportedly found Cyrus' dance moves "mortifying."



Victoria Beckham

No bike for Becks

Victoria Beckham is the victim of bicycle theft. The designer and singer posted a photo to Twitter of the remaining wheel and lock for her bike in New York City.

"So I won't be riding home tonight then," she wrote along with the photo. "Searching for the missing bike!"

That's harsh.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Who gave this kid a Kar (dashian)? And a mea culpa from us

THE WORD
Alexandra Cavallo
scene@metronews.ca

I was going to write something about how sick I am of the Kardashians' absurdly public exploits, but then I remembered that if those bozos stopped fighting publicly/having huge butts/marrying athletes and rappers/etc., I'd have a much harder time finding things to write about for this column.

And since I'm writing this particular column on a Sunday, with last night's cocktails still sloshing around in my bloodstream, I was pleased that Kendall Jenner did not disappoint this weekend.

Kendall was apparently taking video selfies of

herself while driving on Friday. How do we know this? The little brainiac posted these videos of herself to the Internet. The vids show Kendall making duck faces that she definitely thinks are adorable and sexy eyes (that were definitely not focused anywhere near the road) which is the place that eyes (sexy or otherwise) should be focused when one is operating a motor vehicle.

Please take a nice long minute to consider the fact that a 16-year-old girl had a \$110,000 car and you're probably reading this with your face in some guy's sweaty armpit on a bus on your way to a job that doesn't involve being famous for a living.

Editor's note: apparently we do not keep up with the Kardashians quite as well as we think we do.

In Friday's Word, we mistakenly wrote that Lamar Odom is married to Kourtney. He is married to Khloe. Though maybe not for long.



Zach Galifianakis

Galifianakis going to be a father

You Are Here star Zach Galifianakis was a no-show at the film's Toronto International Film Festival premiere this weekend, but he had a very good reason for not attending.

Galifianakis rushed back to New York to join wife

Quinn Lundberg, who had gone into labour with the couple's first child, *You Are Here* director Matthew Weiner confirms to *E! News*.

"We literally found out on Friday," Weiner says. "Zach is going to be the best dad in the world."



Ben Affleck

Former Superman comes to current Batman's defence

Ben Affleck's casting as Batman in the *Man of Steel* sequel has caused more than its share of controversy, but at least one actor who used to play Superman thinks it's overblown.

"It's great," former *Smallville* star Tom Welling

told reporters at the Toronto International Film Festival.

"He's a tremendous actor, he's a wonderful director and I wish him the best. It's hard to criticize things before they even happen. I know they'll endeavor to make the best film they can."

Twitter



@TomArnold

I don't want to hurt LA's feelings but I could totally see myself falling in love with this town #Toronto



@RealMichelleT

Am I the only person who uses 'Anyhoo' as an amusing transitional word in a conversation?



@JimCarrey

We r seedlings being formed by our choices on greenhouse earth 2 be replanted, when mature, in the astral plane. How do I know? I don't. Haha

Artwork

What to do with mini Picasso's handy work

I have three kids, which basically means I have collected three million pieces of artwork over the years, ranging from the dioramas to a piece of scrap paper with a purple line across it.

To keep some order in my home, and avoid an artwork tsunami, I ask my children to pick a few really special projects — which go in a box — and then I photograph the rest. At the end of each school year, I create a simple photo book of the photos of all of the artwork.

No messy clutter. No mom guilt. **ALI MARTELL OF YUMMY-MUMMYCLUB.CA**



Getting rid of their masterpieces can be difficult. ISTOCK

Eczema

Simple solution

Bathing in warm water dries out a kid's skin and makes eczema worse. Babies and kids don't need to be bathed daily, so there's no medical reason to do this. This is good news for moms: one less task in the bedtime routine. **DR. KIM FOSTER OF YUMMYMUMMYCLUB.CA**

Exclusively online

Taking your toddler to the zoo: Read more **Reasons Mommy Drinks**, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, **Reasons Mommy Drinks**, in North American bookstores on Sept. 10.



Here comes the airplane ... or not



Parents should learn what they can and can't control when it comes to feeding their toddler. ISTOCK

Tips. Kids need structure but they also need to feel like they have some control. Find a balance.

SARA REMMER, RD
Metro World News

When it comes to meal and snack times, it's important that parents take responsibility for the what, when and where of feeding. However, it's equally important that we let our toddlers and young children be responsible for the whether and how much of eating.

This is the cornerstone of Ellyn Satter's (author of *The Division of Responsibility of Feeding*, Registered Dietitian and Mental Health Specialist) philosophy when it comes to feeding toddlers.

The what

You get to decide what your toddler eats. Ideally, you should provide a variety of foods for nutritional balance with different colours, flavours and textures. At family meals, your toddlers should be served the same foods that the rest of the family is

eating (unless of course, they have a severe food allergy or intolerance). In other words, even if your toddlers are picky eaters, they should not receive a special meal.

Also, when they are old enough, try to include them in meal preparation, which helps them become more open to trying new foods.

The when

There should be structured meal and snack times on most days so that your toddler knows when to expect another chance to eat. Because toddlers have small tummies, ideally they should be offered food every three hours or so. This likely translates into three meals with snacks in between and, depending on bed time, before bed. This timing structure will help your toddler eat until he or she is comfortably full and develops a healthy appetite.

The where

When you are at home, meals and snacks should be eaten at a designated eating area, free from distractions. When children eat in front of a screen, they aren't focusing on their food or their inner hunger/fullness cues. Establish one or two places (prefer-

ably at a table) where everyone in the family eats. This will encourage more family meals and also provide more structure for your toddler.

The whether and how much

It is completely up to your children whether they eat what you've served and how much. I know this is really hard for parents, especially after we've spent time making a healthy, tasty meal or snack. But we need to take a step back and ensure there's no pressure, no forcing and no bribing.

We should also allow them to eat at their own pace, without pressure to "eat faster" or "keep up" with the rest of the family unless, of course, they're taking hours on end to finish a meal.

The good thing is toddlers and young kids will not let themselves starve. They are very intuitive when it comes to eating. If they don't eat much at one meal or snack, they'll make up for it in future meals or snacks or even days afterward.

We have to respect their hunger and fullness cues, because they certainly do.

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Literature to chill out your children

Rest and repeat.

New book combines illustrations, routine and nature to help children learn the value of restfulness

ALISON
BOWEN

Metro World News

Sometimes being a kid is tough. Even though someone is feeding you, clothing you and even carrying you around part of the time, a lot of worries can take over a little one's mind.

Thursday is National Relaxation Day, so we wanted to know how to help kids relax.

Lisa Hemmings, a massage therapist who teaches Chill Skills for Kids classes, and counsellor Allan O'Keefe hope to help with their new children's book. *Imagine Me with the Three Owls* encourages tots to bat away stress by using their imagination. With peaceful illustrations of nature, the book walks parents and children



Being a kid can be hard: Teach them how to unwind and chill out. ISTOCK

through relaxation techniques.

Hemmings and O'Keefe provided Metro with some tips on how to help kids relax:

Simple belly breathing exercise

An easy way to relax our mind and body is to slow our breathing down to a steady rate. Start by asking your children to take some deep slow breaths. Con-

tinue until they settle. Then, ask them to put their hands on their belly. When they breathe in, they can feel their belly rise, and when they breathe out they can feel their belly drop. Keep doing this until they feel more relaxed and settled. This can be very useful for anxiety or panic attacks or just simply to wind down.

Chill out the body

Relaxing the muscles in our body from our toes to the top of our head is a great activity to help children relax or to help them with sleep. Find a quiet space. Start by sitting or lying down. Ask your child to close their eyes and relax the part of the body as you say it. Read from *Imagine Me with the*

Positive self talk

Affirmations. What we think influences how we feel and act. Positive thoughts can help children feel better about themselves so they can be calm. To help change the thoughts that they don't want to have and help put good thoughts in their minds, they can think of some affirmations — positive words that remind us of how we want to think, feel or act. Some examples include thinking, "I am calm," or "I am confident." Have fun making positive thoughts together with your child. It can take time and perseverance to learn to be positive.



Tell them to imagine they are watching the sun setting over the mountains. Then, for fun, ask them to share what they imagined or draw it.

Encourage expressing feelings

When children feel worried, they can feel alone, and if they can't share it with someone, it can lead to stress and anxiety. If they tell you they are feeling worried about an issue, always validate how they are feeling, which helps them feel safe to talk about things. Explore what they are feeling and what it is like for them. What is small to an adult can be big to a child. If they can't express it in words ask them to try drawing it, or use colours to describe how they feel.

Three Owls in a slow, steady voice.

Imagine a special place

Children often have great imaginations. Help them to use imagination to create in their minds a special place, such as a beautiful garden, forest or sunset where they can go anytime.

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It's peanut butter jelly time, so keep kids cooking

Secret ingredient.

Little hands can be a big help when it comes to making meals

ALISON
BOWEN

Metro World News

Many parents' intuition might be to shoo children out of the kitchen.

But the next time your kiddos are underfoot while you're making dinner, consider tossing them a task.

Cooking with kids can be a great way to bond, create healthy habits and make something great for lunch.

Sally Sampson, who created *ChopChop*, a cooking magazine for families, suggests starting small: Let them pick a vegetable at the farmers market to add to a salad, or throw veggies into a blender to create a smoothie. Kids can also create their own salad dressings.

One thing she cautions



Bond and create healthy habits with your child in the kitchen. ISTOCK

against? Inviting children to help make dessert.

Cooking works even with the littlest ones.

"You can describe what you're doing," Sampson adds.

"You can have them hand you carrots. No age is too young."

And cooking can be much healthier — and cheaper — than parents might think.

Grill your way into fall with Mexicali Marinated Beef Steak

The back-to-school season means life can be frantic. But by grilling extra meat and vegetables on the barbecue, you'll have enough to make lunches the next day.

Serve these steaks carved into thin slices across the grain with steamed rice and kidney beans.

These also work well the next day. Set out warmed tortillas or flatbread plus a variety of toppings such as shredded cheddar, guacamole,

Ingredients

- 1 lime (grated peel and juice)
- 30 ml (2 tbsp) orange juice
- 10 ml (2 tsp) minced garlic (2 cloves) or 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) mild or medium chutney
- 2 ml (1/2 tsp) cumin
- 500 g (1 lb) marinating steak (such as inside skirt, inside round or sirloin tip)



This recipe makes four servings. COURTESY THE CANADIAN PRESS

diced tomatoes, sliced roasted sweet peppers and salsa. Carve grilled steak into thin slices and tuck into tortillas with toppings. Steak is best served at warm to room temperature

1. In a resealable freezer bag, combine lime peel and juice,

orange juice, garlic, chutney and cumin. Pierce steak all over and place in bag with marinade. Marinate in the fridge for 4 to 12 hours.

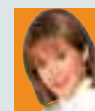
2. Place steak on greased grill over medium-high heat (200 C/400 F); close lid and grill

for 5 to 6 minutes per side for medium. Remove from heat. Tent with foil; let stand for 5 minutes.

3. Serve steak by carving into thin slices across the grain. **THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG**

Healthy eating

Choose it and lose it



ROSE REISMAN
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The cut of meat does count when it comes to these mini goodies. One contains an overload of calories, fat and sodium.



6 President's Choice mini wieners in pastry

450 calories / 33 g fat / 870 mg sodium

Wieners filled with nitrates and salts then wrapped in greasy puff pastry are not the best way to snack.

Equivalent

Six President's Choice mini wieners in pastry are equal in fat to one 375 g Pillars Kolbassa Sausage.



6 M&M mini bacon wrapped filet

240 calories / 16 g fat / 450 mg sodium

At half the calories, fat and sodium, a healthier app is a petit mouthful of filet mignon wrapped in a small amount of bacon.



Lunch. Beef and Fine Cheddar Wraps

Use very thinly sliced left-over grilled steak for the wraps so that they don't get too bulky when you're rolling them up. You can also use deli roast beef.

1. Spread each tortilla right to edge with 15 ml (1 tbsp) of the red pepper jelly. Top each with 50 ml (1/4 cup) shredded cheese, one-quarter each of the watercress and beef and 30 ml (2 tbsp) cashew pieces. Season with pepper.

2. Roll up each tightly. Eat right away or wrap each in plastic wrap and refrigerate for up to 8 hours. **THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG**

Ingredients

- 4 large flour burrito-size tortillas
- 50 ml (1/4 cup) red pepper jelly (hot or sweet)
- 250 g (8 oz) shredded aged cheddar
- 1 bunch watercress, arugula or handful of baby greens
- 500 ml (2 cups) shaved cooked beef steak (about 10 oz/280 g)
- 125 ml (1/2 cup) cashew pieces
- Pepper, to taste



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Don't let dyslexia dictate their lives

Demystifying the disorder. Playing to your child's strengths and paying attention to the positives can make dyslexia easier, a new book advises.

JULIE KAYZERMAN
Metro World News in NYC

If you're reading this article during your daily commute on public transit, chances are there are at least five dyslexic people in your midst. The reading disorder affects 10 per cent of the population, with about 400,000 children diagnosed per year

in the United States.

Dealing with dyslexia himself, Ben Foss has detailed how to identify and deal with the disorder in his new book *The Dyslexia Empowerment Plan: A Blueprint for Renewing Your Child's Confidence and Love of Learning*. We asked Foss how to identify and foster a love of learning in students who are struggling.

Identifying dyslexia

Knowing if a child has dyslexia starts with paying attention to their habits and strengths. Foss says that if children mispronounce words or avoid reading aloud under any circumstances, that could signal to parents that it would be a good idea to have the child

tested. Some dyslexic children have trouble memorizing a series of numbers, or confuse words that sound familiar. But dyslexic children have strengths, as well, Foss stresses.

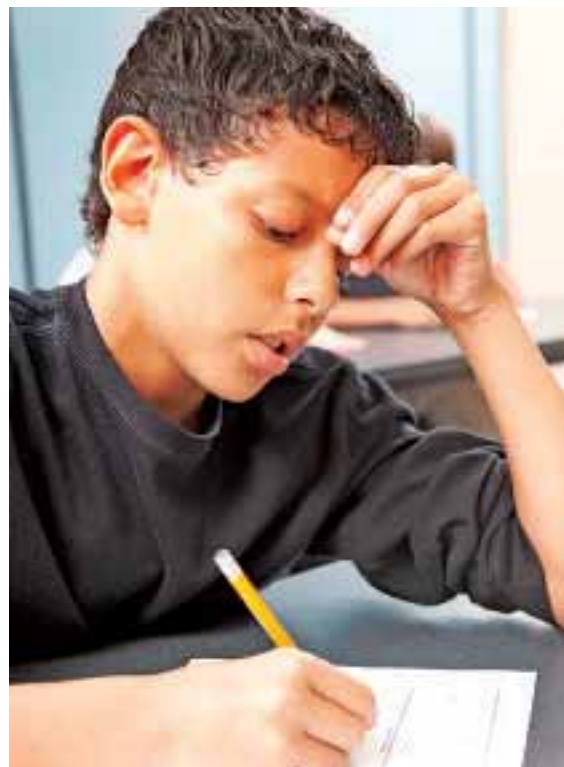
"If your child is dyslexic, you should find where their strength is and you play to it," he says.

Orient your thinking

Foss says a perspective shift is also in order. "You want to make sure you don't think about dyslexia as a disease. I am from New Hampshire. I'm not diagnosed as being from New Hampshire. I don't suffer from being from New Hampshire. I just am from New Hampshire. What you suffer from is being in a school system that expects everyone to do everything the same way."

Tips from the author

- **Encourage your child's resiliency.** "I cannot emphasize enough, you really want to explain to your kid that they're not broken and that they're smart and you love them. The main thing you're looking to build in your child long-term is resilience," says Foss. "You can do this by giving your child unconditional love and giving them responsibility."
- **Get your child formally identified.** Foss explains that this will be a defence against schools trying to tell you "your kid's just developing slowly" or "your kid's just not college material."



For children struggling with their ability to read due to dyslexia, author Ben Foss suggests audio books or iPads that read aloud to you. This is an extremely productive way for your child to obtain information. ISTOCK

Dyslexia myths, debunked

"Your child needs to be fixed."

- "I think one of the biggest myths is that we're going to fix your child. The thing is, your kid's not broken in the first place," Foss says.

"It's better not to tell your child they have dyslexia."

- "The child will figure it out and they're going

need to be a part of the team," he says. Dyslexic students "need to get out there and do the hard work of telling their story and self-advocate, so you really want learn to embrace the profile."

"It's your fault."

- "The only thing you contributed were your genes," explains Foss. "Dyslexia is genetic."

Stars with dyslexia



Steven Spielberg



Richard Branson



Cher



Whoopi Goldberg

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Goodbye mom and dad, hello to my new pad!

Home sweet dorm.

Expert advice on how to make the most of your new cinder-block palace

JULIA FURLAN
Metro World News in NYC

So you've left the nest and your childhood bedroom is poised to become a glori-fied storage closet for your family's things. Interior designer Tamara Dunner says the best way to make your new, tiny dorm room space feel like home is to decorate with care — with an eye toward colour, pattern and style.

What advice do you give to college students who want to make their new home a little brighter?

I think it's important when you're moving or relocating to



Between studying, socializing and starting your new life, it's important to have a space to sit back and chill out. ISTOCK

bring some things from home. Bring your picture frames with photos of all your friends. They don't have to be standard black picture frames; if you're more traditional, you can do a whitewashed finish.

What should students prioritize?

It's your first home away from home; it should be a secure place for you to come after school where you feel comfortable. It's always hard that first

year, so you want to emphasize that you want to personalize your own little cave, your own little place.

How about the walls?

You can get posters, but I know they (usually) won't let you stick nails in the walls in the dorm. You can get light picture frames from Ikea or even take postcards and hang them on the wall. You can get Christmas lights to make it a little bit more funky.

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Bombers quarterback Justin Goltz celebrates his touchdown against the Roughriders with his Blue Bombers teammates on Sunday at Investors Group Field.

JOHN WOODS/THE CANADIAN PRESS

Bombers pluck a win from Riders

CFL. Winnipeg upsets league-best Saskatchewan for first home win of season

The Winnipeg Blue Bombers not only finally won at Investors Group Field, they did it by smothering the league's leading offence with a 25-13 defensive upset of the Saskatchewan Roughriders on Sunday.

The Riders couldn't score a touchdown and were held to a single point in the second half.

Quarterback Darian Durant

Week 11	
25	13
Bombers	Riders

was sacked eight times as the Bombers fed off 33,500 screaming fans in the Banjo Bowl, a rematch to the Labour Day weekend game.

"I took my headset off a few times just so I could just relish the crowd noise," said a smiling

head coach Tim Burke.

After the game, the Bombers announced they had traded veteran quarterback Buck Pierce to B.C. for non-import receiver Akeem Foster.

They might not have wanted the news to overshadow what was for the struggling team (2-8) a major accomplishment as it tries to rescue this season.

"When you're playing against the No. 1 team in the league and defensively we come out and play like that, it just speaks (volumes) about what we can do as a defence," said cornerback Jovon Johnson.

"I said this on Week 2, this

could be one of the best defences in the league if we just stick together and play, and we showed that tonight man," said Demond Washington, who recovered a fumble and had one of Winnipeg's sacks.

Will Ford and quarterback Justin Goltz scored touchdowns for the Bombers, while Sandro DeAngelis added a field goal and picked up a single on a miss.

It was a complete reversal of last week's 48-25 loss in Regina, with the Riders' (8-2) only points coming from four Chris Milo field goals and a single.

THE CANADIAN PRESS

CFL. Pierce trade improves non-import talent: Walters



Buck Pierce is relocating to B.C., the team that beat him and the Blue Bombers in the 2011 Grey Cup game. JEFF VINNICK/GETTY IMAGES FILE

The buck stops here for the Winnipeg Blue Bombers.

Just an hour after the Blue and Gold's big win over the Saskatchewan Roughriders Sunday, the team traded former first-string quarterback Buck Pierce to the B.C. Lions for non-import receiver Akeem Foster.

"Buck has been a true warrior and a consummate professional during his time at Winnipeg and we sincerely thank him for his four years of service to our organization," acting general manager Kyle Walters said in a release. "In Akeem, we are getting a veteran Canadian

receiver who, at age 26, is still entering the prime of his career. His presence immediately helps upgrade our non-import talent on our roster."

The often-injured Pierce signed with Winnipeg in April 2010 and made 31 starts over four seasons, completing 486 passes for 6,320 yards. He threw 25 touchdowns and 31 interceptions in his time with the Bombers.

Foster had 61 receptions for 949 yards with nine TDs in 32 starts for the Lions since being drafted 24th overall by B.C. in 2010. METRO

Tennis

Williams wins again at U.S. Open

Top-seeded Serena Williams won her fifth U.S. Open championship and 17th Grand Slam title overall by beating No. 2 Victoria Azarenka 7-5, 6-7 (6), 6-1 in a windy final.

Sunday's match was the toughest test these two weeks for the No. 1-seeded Williams, who also beat Azarenka in three sets in last year's final. THE ASSOCIATED PRESS



Serena Williams jumps for joy on Sunday in New York City. GETTY IMAGES

Basketball

Argentina ends Canada's hope for berth at worlds

Luis Scola had 28 points and seven rebounds Sunday as Argentina eliminated Canada from the FIBA Americas Championship with a 73-67 victory.

Selem Safar added 18 points off the bench for Argentina (4-3). Facundo Campazzo chipped in with 10 points and eight assists.

Cory Joseph had 19 points for Canada (3-4) in a losing effort, while Andrew Nicholson added 17 of his own.

THE CANADIAN PRESS

NFL

Boldin a beast as 49ers best Packers

Anquan Boldin's sensational San Francisco debut helped keep the 49ers on quite a roll against Green Bay.

And Vernon Davis did his part in a prolific passing game led by Colin Kaepernick in a 34-28 victory over the Packers on Sunday.

From Super Bowl champion Baltimore to the 49ers, Boldin was unstoppable. He caught 13 passes for 208 yards and a touchdown.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries

March 21 - April 20

You will meet some interesting people this week and if you want to be accepted into their group you are going to have to prove yourself.

♉ Taurus

April 21 - May 21

You will be challenged by some powerful people today but you have what it takes to meet that challenge.

♊ Gemini

May 22 - June 21

Mercury's change of signs indicates that the good times are coming back and by the end of the day you will be smiling again. Life is as good as you want it to be.

♋ Cancer

June 22 - July 23

You may be tempted to suppress your natural instincts in order to complete a task that others need done but is that such a good idea?

♌ Leo

July 24 - Aug. 23

Give yourself 100 per cent to whatever it is you have to do over the next few days. Forget about all the little things that you COULD be doing – there is one thing and one thing only that you SHOULD be doing.

♍ Virgo

Aug. 24 - Sept. 23

You have major obligations that cannot be run away from, so start the week in a serious frame of mind and make sure you get on top of your tasks from the word go. The sooner you start the sooner you win.

♎ Libra

Sept. 24 - Oct. 23

As Mercury moves into your sign today your confidence will start to pick up and you may be tempted to take a few risks. Don't.

♏ Scorpio

Oct. 24 - Nov. 22

If someone offers you something for nothing today there may very well be a catch, but it's just as likely they want you to share in their good fortune.

♐ Sagittarius

Nov. 23 - Dec. 21

Take time out from your busy schedule to focus on things that make you happy. You have done so much for other people in recent weeks that you have neglected your own needs and desires. Time to make up for it.

♑ Capricorn

Dec. 22 - Jan. 20

Do what you feel like doing today, even though others may frown and tell you that you're losing your competitive edge. It's not true, of course. Even a go-getter like you needs to slow down once in a while.

♒ Aquarius

Jan. 21 - Feb. 19

Do something dramatic today, something that makes the world sit up and take notice.

♓ Pisces

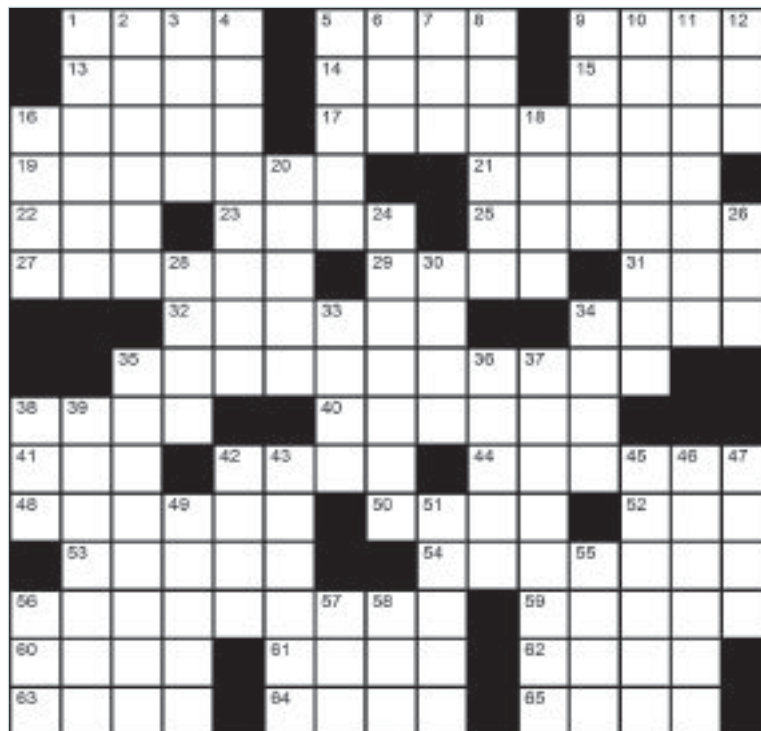
Feb. 20 - March 20

Let other people guide you today. Where money and business matters are concerned, in particular, the planets warn you don't have the necessary know-how to make decisions that will benefit you, so listen to the experts. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Irish actor Mr. Townsend, et al.
- Gym bag item
- Elbe tributary
- Alphabetic sequence
- Thomas Edison's middle name
- Whirl
- Loup-__ (Werewolf, in French)
- Simulated combat game to 'dye' for
- "On My Own" singer in Les Misérables
- "__ say more?"
- How non-prescription meds are sold [acronym]
- Carpentry tool
- Friend from way back: 2 wds.
- Mini racing vehicle
- Pots
- 'Benedict' suffix
- Theatre: Spanish
- Preposition
- 2014 Spring __ (What designers are showcasing at New York Fashion Week)
- Greyish
- Street for Big Bird
- Margaret of laughs
- Montreal-born humourist Mort
- Watered the plants with a light spray
- Travel by __ (Choo! Choo!)



- Gwaii and mainland BC, __ Strait
Scientific spots
Lennon's love
"__ Gantry" (1960)
Gist
Furnishings
Thoughts
Travel by __ (Choo! Choo!)

- Bubbly chocolate bar
Load
About, on a company memo: 2 wds.
Throw for a __ (Astonish)
Scruff

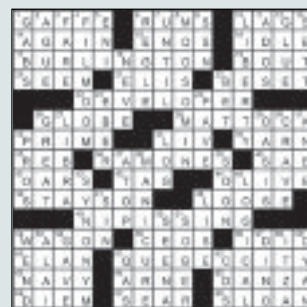
Down

- Awake or become focused: 2 wds.
- "For Those About __ (We Salute You)" by AC/DC
- Knowledgeable about: 2 wds.
- Tree-climbing critter

- Records
__ mode
Nero's 56
Artillery gun on wheels
Spherical
"Don't It Make Ya Feel" band from Vancouver
Dependent

- Annex
Subj. with maps
Business contact nos.
Birth-related
Range in British Columbia, __ Mountains
Mr. DiCaprio, to pals
This Is Not __ (Label warning)
Goes bad, as food
Musician/radio personality John
Loonies
Canadian Hip-Hop star
Poetic feet
Something neglected to be done
"Oh!" in Germany
Taylor Swift's duet partner on "Everything Has Changed", Ed __
Footprint
Of the air
Get in shape: 2 wds.
Cover
John and Jane
Plentiful
He's simply fabulist!
John Diefenbaker's first wife
Prefix to 'angle'
Keanu's 'Matrix' role
Miracle-__ (Gardening product)

Friday's Crossword

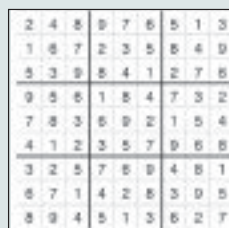


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 24°
MIN: 19°



MAX: 21°
MIN: 16°



MAX: 24°
MIN: 21°



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